

Fond du Lac County Senior Dining Program Menu 3Dates: July 20th, thru August 21st 2009

<u>Mon., July 20th</u> Southern Fried Chicken Dumpling Gravy Honey Glazed Carrot Tomato/Onion Salad Fresh Fruit Dinner Roll	<u>Tues., July 21st</u> Pork Chop Sweet Potatoes Margarine Red Cabbage Applesauce Ice Cream Cornbread Muffin	<u>Wed., July 22nd</u> Boneless BBQ Rib Baked Potatoes Marg / Sr. Cream Broccoli Ambrosia Salad Blueberry Torte Wheat Bread	<u>Thurs., July 23rd</u> Roast Beef Gravy Whipped Potatoes Summer Blend Veg Fruit Cocktail Hunter's Pudding Sourdough Bread	<u>Fri., July 24th</u> Spaghetti and Meat sauce Italian Green Beans Tossed Salad w/ Italian Dressing Tapioca Pudding Italian Bread
<u>Mon., July 27th</u> Ring Bologna Ketchup/ mustard German Potato Salad Steamed Cabbage Cucumber Salad Peanut Butter Cookie White Bread	<u>Tues., July 28th</u> Baked Chicken Mashed Potatoes Gravy WK Corn Lettuce Salad w/ French Dressing Lazy Dazy Oatmeal Cake Wheat Bread	<u>Wed., July 29th</u> Sliced Baked Ham w/ Pineapple Glaze Scalloped Potatoes Baby Whole Carrots Coleslaw Cherry Crisp Lt Rye Bread	<u>Thurs., July 30th</u> Meatloaf Ketchup Red jacket Potatoes Margarine Stewed Tomatoes Pea & Cheese Salad Sherbet White Bread	<u>Fri., July 31st</u> Brat on a Bun Ketchup / Mustard Chopped Onions Boiled Potatoes Peas Chilled Peaches Ranger Cookie
<u>Mon., August 3rd</u> Swedish Meatballs Fluffy Rice Squash Fruit Fluff German Apple Cake Sourdough Bread	<u>Tues., August 4th</u> BBQ Pork on a Bun Parsley Potatoes Country Blend Veg 3 Bean Salad Fresh Fruit	<u>Wed., August 5th</u> Salisbury Steak Mashed Potatoes Gravy Rivera Blend Veg Under the Sea Salad Apple Crumble White Bread	<u>Thurs., August 6th</u> Roasted Chicken Dumplings Gravy Spinach Fruited Gelatin Strawberry Shortcake Wheat Bread	<u>Fri., August 7th</u> Mac and Cheese Tomato and Zucchini Copper Penny Salad Oatmeal Raisin Cookie Vienna Bread
<u>Mon., August 10th</u> Hamburger on a Bun Ketchup/Mustard Oven Brown Potatoes Winter Mix Veg Macaroni Salad Carrot Cake w/ Cream Cheese Frst	<u>Tues., August 11th</u> Roast Turkey Gravy Herb Dressing Asparagus Cranberry Sauce Banana Cake Wheat Bread	<u>Wed., August 12th</u> Tuna Noodle Cass Garden Blend Veg Apple Rings Ranger Cookie White Bread	<u>Thurs., August 13th</u> Pork Loin in gravy Baked Potatoes Marg / Sour Cream Sauerkraut Fruit For Salad Vanilla Pudding Rye Bread	<u>Fri., August 14th</u> Swiss Steak / Gravy Backwoods Potatoes Brussels Sprouts Tossed Salad w/ 1000 Island Drsg Pineapple upside Down Cake Marble Rye
<u>Mon., August 17th</u> Ham loaf Yams Cream Style Corn Pickled Beet Salad Prune Cake Russian Rye	<u>Tues., August 18th</u> Pizza Noodle Casserole California Blend Veg Lime CC Salad Molasses Cookie White Bread	<u>Wed., August 19th</u> Herb Chicken Whipped Potatoes Gravy Green Beans Sunshine Salad Sherbet Dinner Roll	<u>Thurs., August 20th</u> Beef Tips over Egg Noodles Peas and Carrots Purple Plums Peach Cobbler Wheat Bread	<u>Fri., August 21st</u> Pork Chop Suey Over Rice Chow Mien Noodles Mixed Vegetables Mandarin Oranges Birthday Cake Vienna Bread

Menus are subject to change*2% Milk, and Margarine**Served with all congregate meals*Esther Mukand-Cerro, R.D., C.D.
Alyson Koehn, FSD